



Partner Dancing. Great fun & exercise... no partner required to join in!

# Dance Like the Stars!

**Location: North Kirkland Community Center**

Adults & Teens, Couples & Singles Welcome! Professional Certified Instructor: Lynn Gross

## West Coast Swing: Level 1

Contemporary, modern, stylish swing - the most music friendly & versatile of all partner dances! Solid foundational patterns and techniques make learning this dance a simple, logical & fun experience.

*No experience needed! • All Ability Levels Welcome!*  
5 weeks • Resident \$54 / Non-Resident \$65

Tue	7:30–8:30pm	Sept 9–Oct 7	43551
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## West Coast Swing: Level 2

Popular pattern variations and enhanced partnering techniques add more fun and boost your swing skills and confidence!

*Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • No class 11/11*  
Resident \$54 / Non-Resident \$65

Tue	7:30–8:30pm	Oct 14–Nov 18	43552
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## West Coast Swing: Level 3

Add styling and personality to your Swing with progressed pattern variations and playful partnering moves!

*Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39*

Tue	7:30–8:30pm	Nov 25–Dec 9	43553
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## Night Club Two Step: Level 1

Romantic dancing at its finest – a dreamy dance for easy-listening, soft-rock love songs played at parties, night clubs, weddings, on cruise ships, and at many local dances. Easy leading, following and turning techniques included.

*No experience needed! • 5 weeks*  
Resident \$54 / Non-Resident \$65

Tue	8:30–9:30pm	Sept 9–Oct 7	43554
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## Night Club Two Step: Level 2

Continue to develop your romantic side with simple pattern variations and partnering techniques.

*Adults & Teens, Couples & Singles Welcome! • Prerequisite: Level 1, equivalent experience, or instructor permission*  
5 weeks • No class 11/11 • Resident \$54 / Non-Resident \$65

Tue	8:30–9:30pm	Oct 14–Nov 18	43555
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## Night Club Two Step: Level 3

Take romantic dancing up another notch while you float across the dance floor using intriguing new patterns, partnering techniques, and styling variations.

*Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39*

Tue	8:30–9:30pm	Nov 25–Dec 9	43556
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## Ballroom Favorites: Level 1

Basics and simple variations of the ever-popular and always-in-style classics: Romantic Waltz, Smooth Fox Trot, Lively Jitterbug Swing, and a bit of Sensual Tango.

*No experience needed! • 5 weeks*  
Resident \$54 / Non-Resident \$65

Tue	7:30–8:30pm	Jan 6–Feb 3	43558
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## Ballroom Favorites: Level 2

Gain comfort and confidence with leading and following as you learn new and pleasing pattern variations in Waltz, Fox Trot, Jitterbug Swing and Tango.

*Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65*

Tue	7:30–8:30pm	Feb 10–Mar 10	43559
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## Ballroom Favorites: Level 3

Polish your styling and add some flair to your dancing! Learn exciting patterns like Pivots, Parallels, Sways, Dips & more!

*Prerequisite: Levels 1 & 2, equiv. experience or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39*

Tues	7:30–8:30	Mar 17–31	43560
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## Salsa

### Salsa: Level 1

EZ Latin! This popular Latin dance will boost your energy level. Connect to the Latin beat with easy leading and following techniques and fun—but simple—patterns! Energetic fun for winter evenings!

*No experience needed! • 5 weeks*  
Resident \$54 / Non-Resident \$65

Tue	8:30–9:30pm	Jan 6–Feb 3	43561
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### Salsa: Level 2

Salsa moves become more comfortable and automatic with new patterns and styling variations plus some Latin hip action.

*Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65*

Tue	8:30–9:30pm	Feb 10–Mar 10	43562
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### Salsa: Level 3

Make your Salsa sizzle with Double Turns, Spins, and more hip action! The right techniques make it simple!

*Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39*

Tues	8:30–9:30pm	Mar 17–31	43563
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## Hula

Hula is for everyone, it's a great way to stay in shape and have fun while dancing. Hula works the entire body and also engages the mind. It is a unique blend of balance, motion, and mental concentration. Hula will lift your spirits and give you an energy boost.



### Beginning Hula for Adults

This class will concentrate on the basic foot and hand motions as you experience the Hawaiian culture and Spirit of Aloha. Both ancient (Hula Kahiko) and modern (Hula 'auana) will be taught.

*Wear comfortable clothing (shorts or pants and T-shirts) — NO JEANS PLEASE! • Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks • No class 11/5 Resident \$100 / Non-Resident \$120*

Wed	6:30–7:15pm	Sept 10–Nov 19	43528
Wed	6:30–7:15pm	Jan 14–Mar 18	43529

### Intermediate Hula

For those with hula experience and an understanding of the basic steps. This fast-paced class will introduce hula implements such as ipu, 'uli'uli, 'ili'ili, pu'ili. Both Kahiko and 'auana will be taught along with a focus on general technique. Some Hawaiian language taught as it pertains to hula, along with lyrics and the background of every dance learned. Optional public performances.

*Wear a pa'u skirt if you have one, otherwise comfortable clothing — NO JEANS PLEASE! Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks No class 11/5 • Resident \$100 / Non-Resident \$120*

Wed	7:15–8:15pm	Sept 10–Nov 19	43530
Wed	7:15–8:15pm	Jan 14–Mar 18	43531

### Advanced Hula

Advanced Hula is for the dancer with a more extensive hula background. The hula basics are reviewed as we continue on to more difficult, involved hulas, both Kahiko (ancient) and 'auana (modern). There's a continuing focus on technique and performance skills. There will be public performances.

*Wear a pa'u skirt — NO JEANS PLEASE! • Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks No class 11/5 • Resident \$100 / Non-Resident \$120*

Wed	8:15–9:15pm	Sept 10–Nov 19	43532
Wed	8:15–9:15pm	Jan 14–Mar 18	43533



## Belly Dance

### Shimmy and Sway – Beginning Belly Dance

**Ages 17 to adult**

Begin your transformation! Belly dance isolates and works your abs, hips, tummy, and arms. It increases flexibility, and improves posture as it tightens and tones. In this class we welcome and appreciate all shapes and sizes, so tie a scarf around your hips and get ready to shimmy and sway to the sensual dance of Egyptian Cabaret Belly dance.

*Please bring bottled water and a long scarf to tie around the hips • Instructor: Josette Minaglia 'Athena' Location: NKCC*

**7 weeks • No class 11/11 • Resident \$70 / Non-Resident \$84**

Tue	6:40–7:40pm	Sept 9–Oct 21	43543
Tue	6:40–7:40pm	Jan 6–Feb 17	43545

**6 weeks • Resident \$60 / Non-Resident \$72**

Tue	6:40–7:40pm	Oct 28–Dec 9	43544
Tue	6:40–7:40pm	Feb 24–Mar 31	43546

### Advanced Belly Dance

**Ages 18 to adult**

This class illustrates techniques for solo and troupe performances along with costume designing. A combination of basic and advanced moves will be taught in a choreographed piece of music which will give students the finishing touch and personal style to their dance.

*Please bring bottled water and a long scarf to tie around the hips. • Instructor: Josette Minaglia 'Athena' Location: NKCC*

**7 weeks • No class 11/11 • Resident \$70 / Non-Resident \$84**

Tue	7:45–8:45pm	Sept 9–Oct 21	43547
Tue	7:45–8:45pm	Jan 6–Feb 17	43549

**6 weeks • Resident \$60 / Non-Resident \$72**

Tue	7:45–8:45pm	Oct 28–Dec 9	43548
Tue	7:45–8:45pm	Feb 24–Mar 31	43550

# Adult Dance

CLASS LOCATIONS VARY

## Adult Ballet with Marco Carrabba

Instructor: Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre has a 20 year distinguished professional dance career and over 18 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

### Ballet Basics

Have you always wanted to take a ballet class but something got in the way? Now that you have the time, do you feel like you're too old and it's too late! Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone from young adult to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence and body-centered awareness. This class is for those with little or no dance training but who want to embrace one of the most beautiful and graceful of all dance styles.

Location: PKCC • No class 12/22, 12/29, 1/19, 2/16  
6 classes • Resident \$66 / Non-Resident \$79

Mon	6:15–7:15pm	Sept 8–Oct 13	42963
Mon	6:15–7:15pm	Oct 20–Nov 24	42964
Mon	6:15–7:15pm	Dec 1–Jan 26	42965
Mon	6:15–7:15pm	Feb 2–Mar 16	42966

### Ballet for Skaters (All Ages) **NEW!**

Learn the fundamentals of alignment and classical movement for figure skaters. Office training exercises are very beneficial for skaters. Focus on arm and hand positions, upper body technique, building core strength, lengthening, flexibility, jumps and partnering. Ballet training gives the "competitive advantage" for any aspiring figure skater.

Location: PKCC • Instructor: Marco Carrabba  
No class 12/22, 12/29, 1/19, 2/16 • 6 classes  
Resident \$50 / Non-Resident \$60

Mon	5:20–6:05pm	Sept 8–Oct 13	43004
Mon	5:20–6:05pm	Oct 20–Nov 24	43005
Mon	5:20–6:05pm	Dec 1–Jan 26	43006
Mon	5:20–6:05pm	Feb 2–Mar 16	43007

### Ballet Stretch and Tone **NEW!**

This class is designed to transform the body into one of equal balance, strength and flexibility. Classes blend together ballet barre, exercise and conditioning. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk.

Location: PKCC • 6 classes • No class 11/26, 12/24, 12/31  
Resident \$50 / Non-Resident \$60

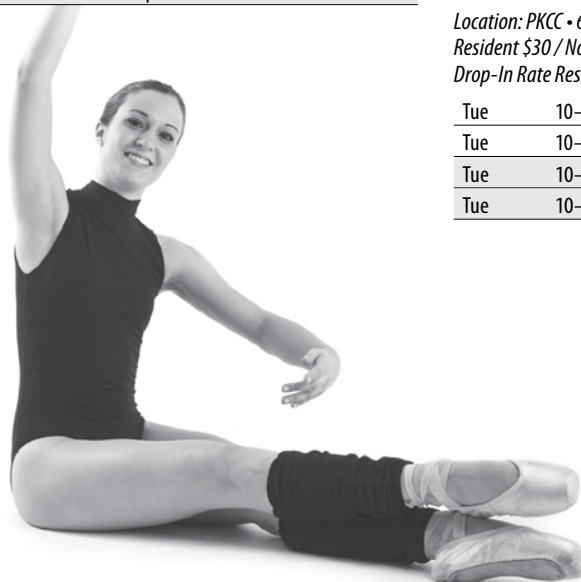
Wed	5:20–6:05pm	Sept 10–Oct 15	43156
Wed	5:20–6:05pm	Oct 22–Dec 3	43157
Wed	5:20–6:05pm	Dec 10–Jan 28	43158
Wed	5:20–6:05pm	Feb 4–Mar 11	43159

### Ballet—Open Level

Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability.

Location: PKCC • No class 11/26, 12/24, 12/31  
6 classes • Resident \$66 / Non-Resident \$79

Wed	6:15–7:15pm	Sept 10–Oct 15	42969
Wed	6:15–7:15pm	Oct 22–Dec 3	42970
Wed	6:15–7:15pm	Dec 10–Jan 28	42971
Wed	6:15–7:15pm	Feb 4–Mar 11	42972



## Folk Dance

### The Mountaineer's International Folk Dancing

Learn line dances, couple dances and mixers from many countries including the waltz, two-step, tango, mambo, schottische and polka. Walk through beginner level dances in the first hour, the second hour is dedicated to requests with walk-throughs for simpler dances. This fun and lively class is open to everyone, no partner or experience needed! This class will not be pro-rated.

Location: PKCC • 4 classes • No class 11/11  
Resident \$25 / Non-Resident \$30  
Drop-In Rate Resident \$8 / Non-Resident \$10

Tue	7:30–9:30pm	Sept 2–23	42660
Tue	7:30–9:30pm	Sept 30–Oct 21	42661
Tue	7:30–9:30pm	Oct 28–Nov 25	42662
Tue	7:30–9:30pm	Dec 2–23	42663
Tue	7:30–9:30pm	Jan 6–27	42664
Tue	7:30–9:30pm	Feb 3–24	42665
Tue	7:30–9:30pm	Mar 3–24	42666

## Line Dance

### Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • 6 classes • No class 9/30, 11/11 & 11/25  
Resident \$30 / Non-Resident \$36  
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Sept 9–Oct 21	42656
Tue	10–11am	Oct 28–Dec 16	42657
Tue	10–11am	Jan 6–Feb 10	42658
Tue	10–11am	Feb 17–Mar 24	42659